



Term 2 2.0 2025

Community Newsletter

when can I ...?

speak to the intake team?



1-2 business days

have a single session?

(session-by-session program)



within 2 - 3 weeks

see a private clinician?

(MHTP required)



within 3 weeks

centre renovation update

All our services are still happening — just possibly in some different spots than usual! If you've got students coming in, we'll reach out to let them know where to find us and make sure everything feels comfortable and right for them. **Our Elsternwick centre will be back to business as usual in early August.**

service updates

new GP starting in July!

In addition to our adolescent health nurse Carly, we have a new GP starting in July! This means that young people will have more access to bulk-billed healthcare that's safe, confidential and non-judgemental.

These services can include providing **Mental Health Treatment Plans**, referrals, scripts, medical certificates and more!

new alcohol and other drugs clinician

Introducing Jess, our new co-located AOD clinician from Odyssey! Jess can support young people with anything from **changes in alcohol or drug use, harm reduction strategies, and relapse prevention, to accessing accurate information and safer-use tips.**

She offers non-judgemental, youth-friendly support — with no long wait times. **Jess is available every Tuesday at headspace Elsternwick.**

See flyer for more information.

workshop feature

stress management

With exam periods approaching quickly, our workshop pick for Term 3 is the **stress management sessions**. These workshops are all about giving young people the tools to manage their stress levels and develop healthy coping skills.

Beneficial for:

- developing healthy coping skills
- decompressing during study



event highlight

The team have been busy delivering our **Push-Up Challenge roadshows** again this month! Running during lunchtimes, our roadshows have been all about getting kids moving, and raising awareness about mental health while we do it! *Funds raised are going towards social connection and the community garden at Elsternwick.*



Big thank you to Glen Eira Youth Services for joining us at Glen Eira College!

want us to visit your school for an awareness day?

We host lunchtime stalls! These are a great option for students to connect with our services if scheduling for wellbeing teams is tight.

Below are some awareness days that we're still open for - *if you're interested in getting us into your school, just respond to this email.*

- **National Day Against Bullying** [11 - 15 August]
- **R U OK? Day** [11 Sept]
- **World Mental Health Day** [10 Oct]



headspace.elsternwick
headspace_bentleigh

For community awareness inquiries, please contact Sophie at s.sjostrom@alfred.org.au.